THE POSTURE DOCTOR

# What We Help

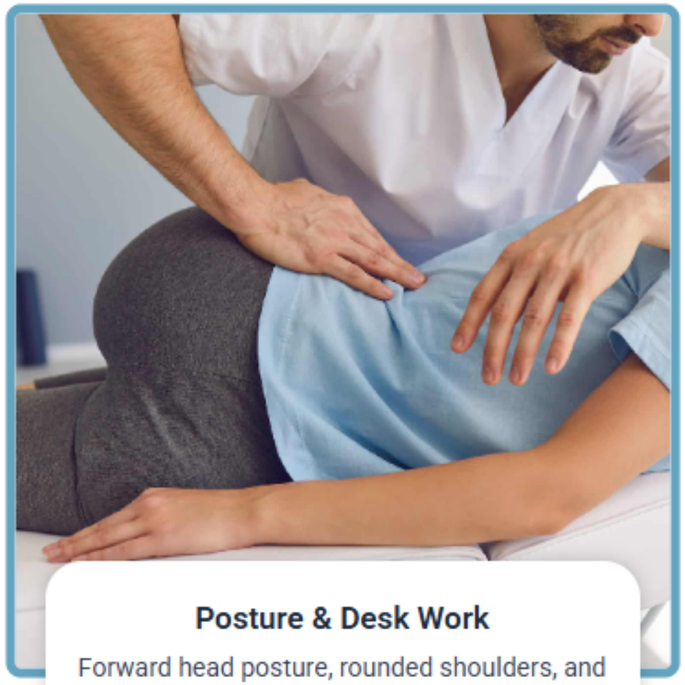
Choose what best matches you. We’ll assess first, then build a clear care plan —no guesswork.

Book Online

Call Us

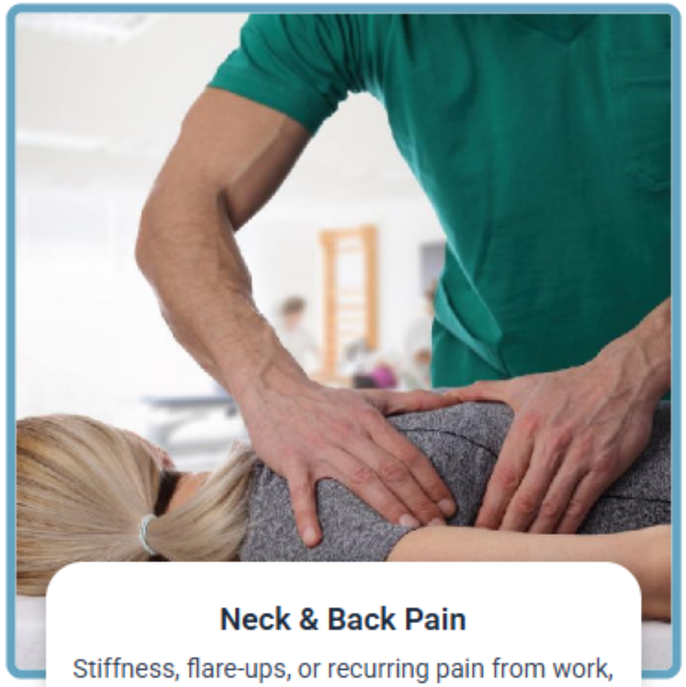
THE POSTURE DOCTOR

# Select your main concern



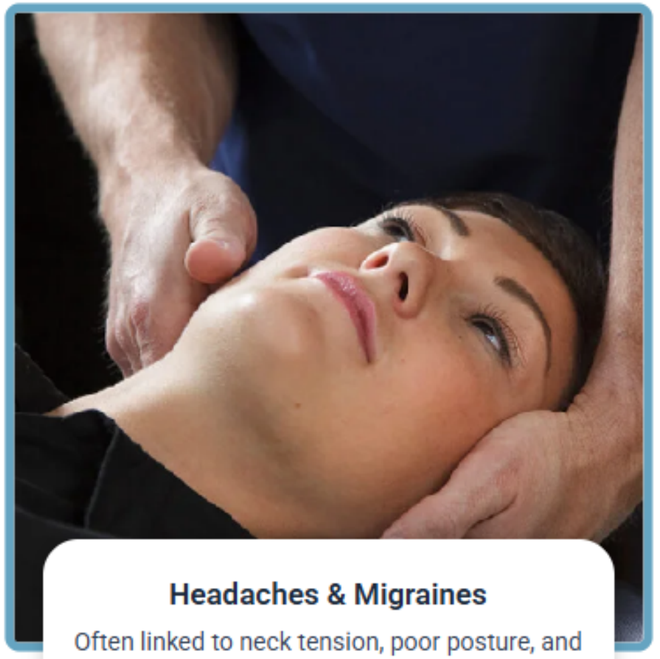
**Posture & Desk Work**

Forward head posture, rounded shoulders, and mid-back tightness from desk work.



**Neck & Back Pain**

Stiffness, flare-ups, or recurring pain from work, lifting, or poor posture.



**Headaches & Migraines**

Often linked to neck tension, poor posture, and daily
stress.

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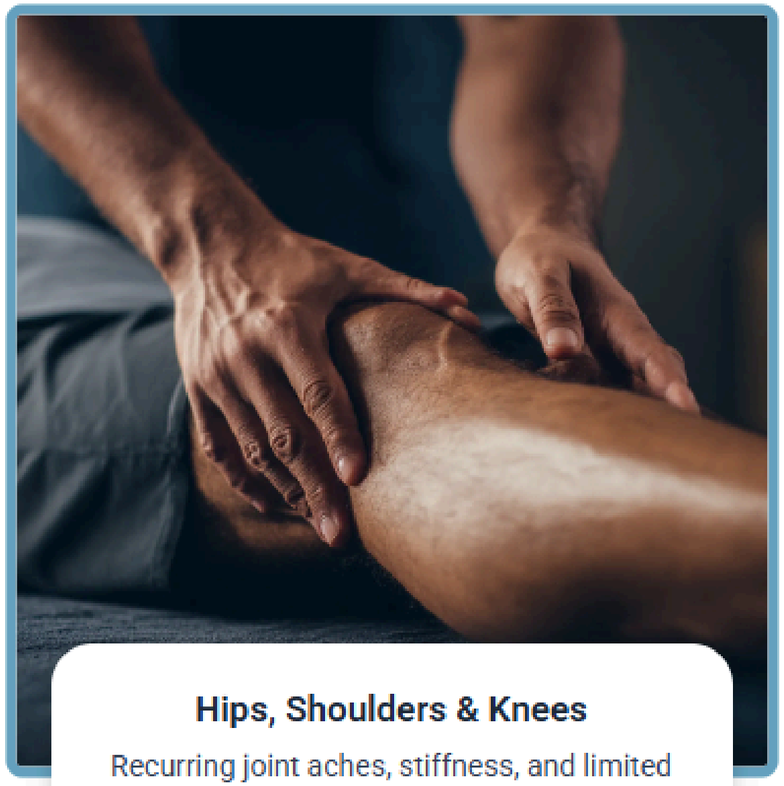
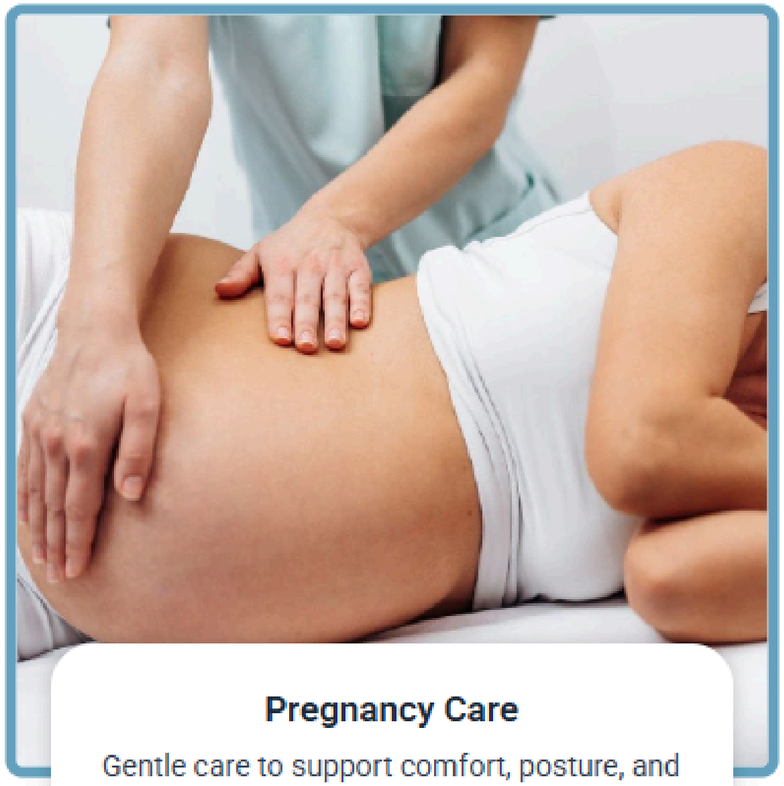
# Tell Us Your Main Concern



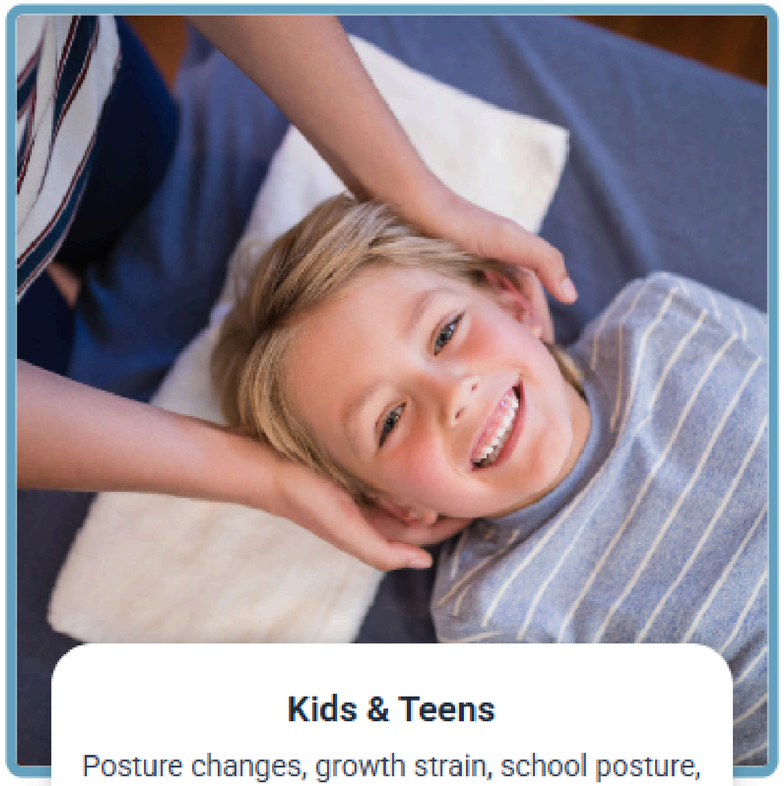
### Hips, Shoulders & Knees

Recurring joint aches, stiffness, and limited movement in the hips, shoulders, or knees.



### Pregnancy Care

Gentle care to support comfort, posture, and movement during pregnancy.



### Kids & Teens

Posture changes, growth strain, school posture, and sports
niggles.

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# Our difference: a clear plan and measured progress

### CARE PROGRAMS

structured phases of care tailored to your goals and individual needs for long-term outcomes

### ROUTINE RE-EXAMS

regular progress checks to measure improvement and guide ongoing care over time

### IN-HOUSE X-RAY

on-site imaging when clinically required for accurate diagnosis and clarity in care planning

### HOME REHAB PLANS

simple, personalised exercises to maintain results between appointments and support recovery

# Leave us a Message

Feel free to ask any questions over the phone, or get in touch via our contact form below. Your message will be dispatched directly to our staff who will answer as soon as they can.


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